

The Players

- A. Each team will consist of 4 players.
- B. A team must have at least 2 players present and checked in to begin a game.
- C. There are no gender restrictions.
- D. Games are self-officiated.

The Scoring

- A. Rally scoring will be used.
- B. Games are played to 25 with a cap of 30. Teams must win by 2 points.

Game Play

- A. The captains will rock, paper, scissors for the choice of the service or the side of the court. The winner chooses either side or service. The loser receives the remaining option.
- B. No jewelry is allowed.
- C. Teams will change sides at the end of each game.
- D. No player substitutions are allowed.
- E. Open-hand "tips" are not allowed.
- F. The ball may be attacked from either back row or front row.
- G. The team has three touches to clear the ball to the opposing side of the court.

The Serve

- A. Players will alternate chances to serve.
- B. A served ball contacting the net and continuing into the opponents' court is live.
- C. Receiving a served ball with an overhead pass using open hands is legal.
- D. Blocking a serve is illegal.
- E. A serve is considered a fault when:
 - a. The ball passes under the net
 - b. The ball touched a player of the serving team
 - c. The ball lands outside the opponents' playing area

The Net

- A. No part of the body, arm or hand may pass over the top of the net during play except on a block.
- B. There is no center line under the net. A players' body may partially or completely pass under the net into the opponents' court. Interference occurs only if the opponent is hindered in playing the ball, in which case a point and possession will be rewarded to the opposing team.
- C. No contact with the net or cables which attach the net to the standards is allowed.
- D. Incidental contact with the standards is allowed but a player may not attempt to support themselves or catch their balance on the standards.
- E. The ball must pass over the net entirely between the standards or their invisible indefinite extensions.

Illegal Handling of the Ball

- A. The ball must clearly rebound off the player's body.
- B. Double hits are only allowed when playing a hard driven ball (i.e. a serve or an attack.) Double hits are illegal when setting the ball.
- C. A held ball (any time the ball comes to a visible rest) is illegal. This may occur while digging the ball, lifting the ball to change direction, or setting.